

DESCRIPTIVE Pamphlet



DESCRIPTIVE PAMPHLET OF THE
LOOMIS SANATORIUM FOR THE
TREATMENT OF TUBERCULOSIS
LIBERTY HEIGHTS, LIBERTY
SULLIVAN COUNTY, NEW YORK

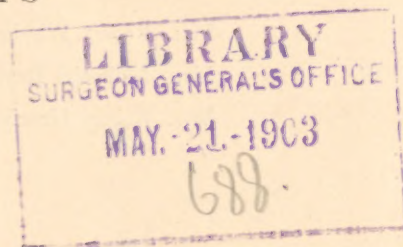
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The Sanatorium from Chunk Hill.

Descriptive Pamphlet of the LOOMIS SANATORIUM

For the Treatment of
TUBERCULOSIS



Liberty Heights, Liberty, Sullivan County, New York

ALTITUDE 2,300 FEET

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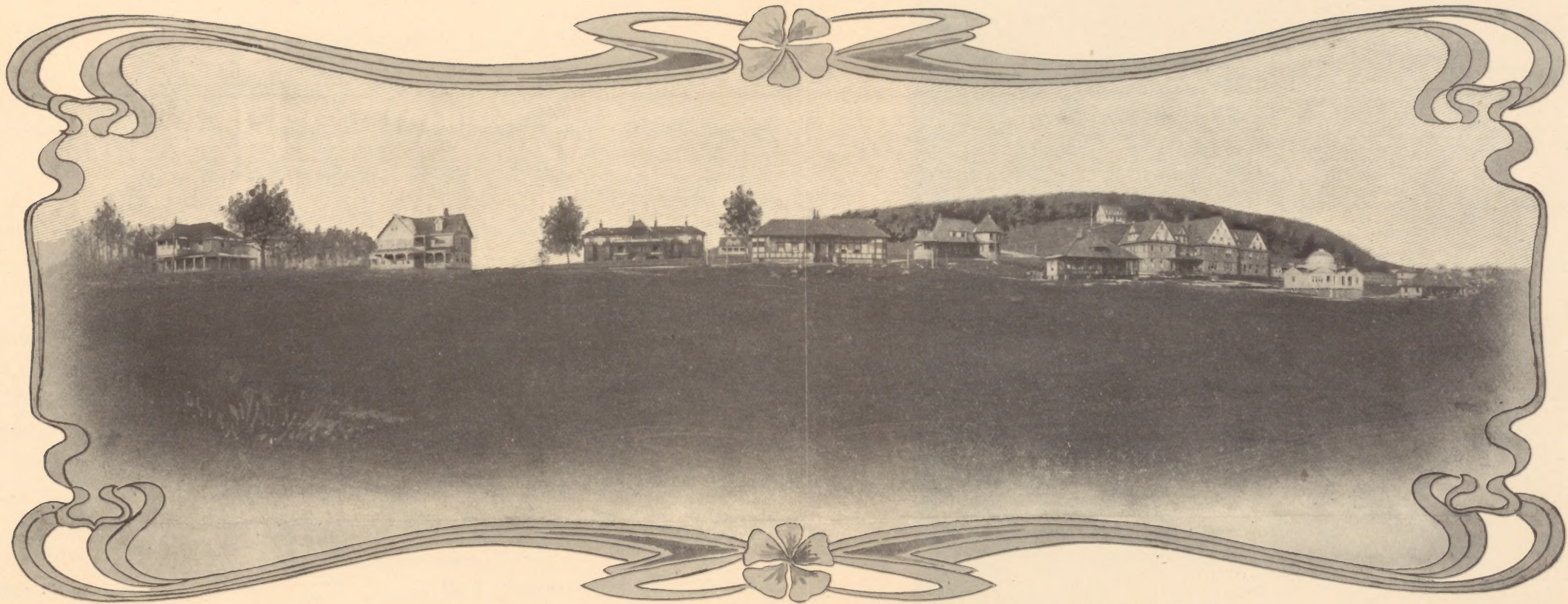
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View of Sanatorium Buildings, from "The Meadow."

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Administration Building. Gift of J. Pierpont Morgan.

The Institution and Its Situation



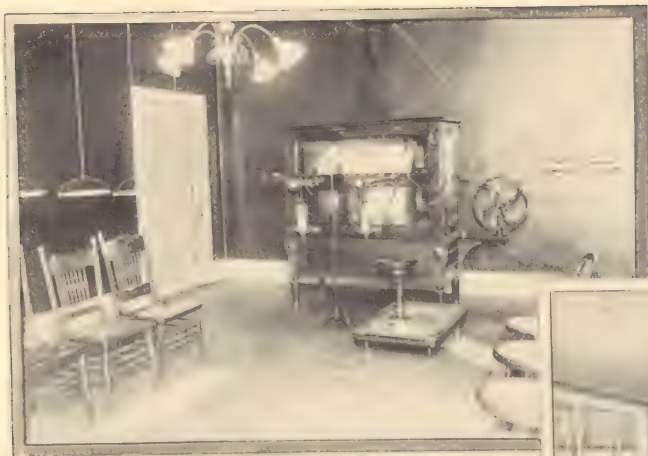
THE LOOMIS SANATORIUM was established in 1894 as a memorial to the late Professor Alfred L. Loomis for the treatment of affections of the throat and lungs, particularly phthisis and other tuberculous diseases. The institution is designed to offer to this class of invalids and to those who are predisposed to consumption, for a reasonable compensation, the very best which modern science can suggest for the cure and prevention of tuberculosis. It is situated on the southern slope of a range of high hills, at an elevation of two thousand three hundred feet above tide water and six hundred feet above the village of Liberty, and embraces a beautiful tract of farm and wood land five hundred acres in extent. It is two and one-half miles from Liberty station and *four hours from New York City*, on the New York, Ontario & Western Railway. It is the highest, and otherwise most desirable, location for such an institution to be found in the Eastern or Middle States.

Climatic Advantages

The elevation is within those limits generally conceded to be most favorable for the climatic treatment of diseases of the throat and lungs. In winter, no less than in summer, the advantages of the climate of Liberty are evidenced by the excellent results obtained in this locality in the treatment of phthisis. The winters are cold, dry and bracing; the summers, cool and exhilarating. The air is perfectly pure, and the prevailing westerly winds reach it only after traversing a wide range of comparatively unpopulated



Reception Rooms, Administration Building.



Electrical Room

Dining Room.



Laboratory and Throat Room.

country. There is in this beautiful hill country a sufficient degree of humidity to insure freedom from dust, while at the same time the elevation makes impossible a depressing percentage of moisture, and this condition, between undesirable extremes, probably accounts for the happy results obtained at the Sanatorium in the treatment of those distressing and alarming throat complications of phthisis so difficult to control under ordinary circumstances.

The fact that a competent committee of scientific and practical physicians selected the site for the Loomis Sanatorium, after thorough investigation of many localities, is of itself a just tribute to the advantages of this climate for the purposes to which the institution is devoted.

Plan of Arrangement

The Sanatorium is arranged on the Cottage Plan, with a central Administration Building, in which are the various offices of the institution, and around which are grouped, at suitable distances, thirteen Cottages and Pavilions, an Infirmary, a Chapel, a Library and a Casino. All buildings are heated by hot water and open fireplaces, and lighted by electricity. Its exposure on a southern slope insures to it the best sun effects, and at the same time shields it from the north winds. It overlooks a wide, rolling country, and the views to be obtained, both from the cottages and the extensive walks, are unsurpassed for beauty anywhere in the world.

Sleeping rooms face the south and are flooded with sunlight. Many of the rooms have private balconies where patients may, if they so desire, enjoy the rest cure in the open air secure from intrusion. There is a reception room and bath, on an average,



Hydrotherapeutic Room.



Operating Room.



Reception Room in Infirmary.



Infirmary.

to every four persons, and a number of suites and private cottages for families. There is accommodation in the Sanatorium proper for one hundred and ten patients.

The Casino

This building is designed as an amusement hall. An organ and piano are provided for those who are musically inclined. A pool and billiard table, small card and chess tables, and a ping-pong table are also found in this building. A lounging room is located in its tower. From the broad veranda of the Casino an extended and beautiful view can be obtained.

The Edson-Aldrich Library

The Edson-Aldrich Library, situated directly in front of the Administration Building, is said to be, for a building of its size, one of the finest in America. It is stocked with nearly four thousand volumes of choice literature, and in the reading room may be found the principal periodicals of the day. A delightful sun gallery opens out of the reading room, where patients may enjoy a book in quiet and seclusion, while at the same time "taking the cure" in the German sense of the phrase. There are also well appointed writing rooms in the Library.

Conditions of Admission

The Loomis Sanatorium is designed and equipped for the treatment of such patients as present a fair prospect of recovery, and *hopeless cases are not admitted.* This



Church of St. Luke the Beloved Physician. Gift of Mrs. A. L. Loomis.



Edson-Aldrich Library. Gift of Mrs. James Herman Aldrich.



Stack Room.

Reading Room.
Edson-Aldrich Library.

South Veranda.

does not, however, mean that all but incipient cases are excluded, for it frequently happens that long standing cases of tuberculosis are, under favorable conditions, susceptible of most gratifying improvement, or apparent cure, and the peculiar arrangement of this Sanatorium on the cottage and pavilion plan admits of accepting a certain number of advanced cases without the least unpleasant contact between the comparatively healthy and the more ill patients, and without injustice to either class.

Application for admission should be made to the *Physician in Charge*, and, whenever possible, through the family physician, and be accompanied by a brief statement of the history of the case and the present physical condition of the patient. A healthy member of the family or friend may, if so desired, accompany the patient.

Trained nurses specially educated in the care of this class of sufferers are furnished by the institution, at usual rates, to such patients as require such service and for one reason or another prefer not to go to the Infirmary.

Rates

The rates charged are from \$15.00 to \$35.00 per week, according to the location of the room and special service required. These rates include medical attendance, room, board, service and general care. The regular supplementary diets employed in "forcing" nutrition are also included in these rates. For extraordinary service, such as massage, a reasonable charge is made. In cases of sudden illness patients may be transferred to the Infirmary, where they will receive the attention and care of trained nurses night and day, for which there is made an additional charge of \$1.00 per day.



Casino. Gift of Mrs. George Lewis.

Transient guests visiting patients in the Sanatorium are charged at the rate of \$3.00 per day. These visitors are, however, not allowed to stop in the patients' cottages, but will be accommodated in the main building.

Medicines are provided and dispensed at cost.

An excellent laundry, under the constant sanitary inspection of the medical staff, is at the service of patients at regular rates.

There is also a good livery in connection with the institution.

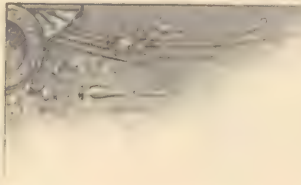
The Farm and Grounds

The Sanatorium farm and grounds are under the care of an expert farmer, landscape gardener and forester; thus placing at the disposal of the institution perfectly fresh farm and dairy products, while at the same time the woodland and meadows are being utilized as far as is practicable for park purposes, it being considered essential to enhance as much as possible the aesthetic features of such an institution.

The Annex

At a distance of three-quarters of a mile from the Administration Building is situated the "daughter institution," known as the *Annex*, consisting of two large cottages, with common reception room, dining room, and offices in one of the buildings, together with accommodation for thirty-five patients.

These buildings are arranged on the small ward plan, and this feature of the institution is designed to reach a class of patients which is *unable to pay more than*



The Winthrop Cottage. Gift of Mrs. Robert Winthrop.



The Babbitt Cottage. Gift of Mrs. Clarence M. Hyde.



The Hillside Cottage.



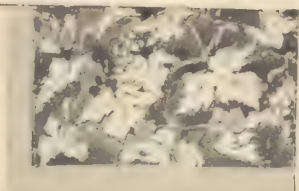
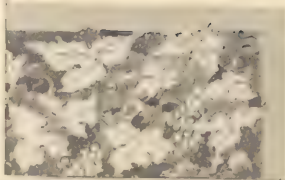
The Kellogg Cottage. Gift of Mrs. A. D. Kellogg.



Sloane Cottage. Gift of Mrs. W. D. Sloane.



The Marcy Lester Cottage. Gift of Miss Emily A. Watson.



The Watson Walker Cottage. Gift of Mrs. M. J. Walker.



Woodside Cottage.



Proudfit Cottage.

five dollars per week, for which they receive the physician's care, medicines, board, room and laundry. Both the Sanatorium proper and the Annex are under one medical and business administration. Patients in the Annex receive exactly the same general and medical care as do those in the Sanatorium proper, and the food, while simple and substantial, is selected with especial reference to its nutritive value, and is carefully prepared and served.

The Annex is not adapted to the care of advanced cases. Only such patients are admitted as present the true incipient types of the disease, little or no fever, and *strength to walk two or three miles per day without exhaustion*. A satisfactory condition for admission to the Annex must, therefore, be certified to by some physician known to the Sanatorium authorities as one familiar with the situation.

Since the expense of caring for patients at the Annex is nearly twice what is charged them, a yearly deficit to a considerable amount ensues. This is made up in part from any profits which may accrue from the administration of the Sanatorium proper, and the balance from voluntary contributions from benevolent and generously disposed individuals who have become interested in the fight against tuberculosis. Thus, with such assistance on the part of generous friends, the Loomis Sanatorium has been able to carry on this important feature of its work and to do its share toward the amelioration of the sufferings of the consumptive poor.

Plan of Treatment

Every effort is made in the Loomis Sanatorium to treat the individual rather than the disease, consequently there is no routine "method" employed other than



The Kimber Cottage.

that involved in the principles of pure air, nutritious food, suitable rest and exercise under prescription, and cheerful environment. In other words, the basis of the treatment is distinctly climatic, hygienic and dietetic. As valuable accessories to this plan of treatment the Sanatorium is equipped with thoroughly modern hydrotherapeutic and electrical appliances, a "throat room" equipped with the most approved apparatus for treating those complications affecting the upper air passages, and a modern operating room in connection with the Infirmary, where such surgery as may be required can be performed under the most favorable conditions.

Results of Treatment

From the Annual Report of the Physician in Charge, for the year ending October 31, 1902, it was found that of the total number of patients discharged from the Sanatorium during the year, who remained more than one month, and who represented *all stages* of the disease on their admission for treatment:

| | |
|--|-------|
| There were apparently cured, or with the disease arrested..... | 24½ % |
| There were improved..... | 49 % |
| There were unimproved | 25½ % |
| There died..... | 1 % |

These results will be found to compare favorably with those reported from the most famous institutions of similar character at home or abroad, and it is generally acknowledged by those competent to judge to far exceed what can be obtained under ordinary conditions at home.



The Sunrise Cottage.



The Sunset Cottage.



The Irvin Cottage, Residence of the Physician in Charge. Gift of Mrs. Richard Irvin



View South from the Irvin Cottage, showing a few of the Buildings.



Woodpath to the Pool, December.



The Pool, December.



The "Winter Cure." In the Woods—January.

A Match.



On the Road to the Annex.



A Tournament.

Laboratories

An excellently appointed clinical laboratory offers every convenience to the more refined study of the cases under observation, while a good beginning has been made in the establishment of a Research Laboratory for the study of tuberculosis, where it is expected that the Sanatorium will do its share in the labor of scientific research in this disease.

The Summer Cure

The Sanatorium, situated as it is on the Heights, and not in a valley, is free from fog and dampness. Stagnant water is impossible, and, as a consequence, there are no mosquitoes, and, of course, no malaria. There is always sufficient atmospheric circulation to insure a wholesome and refreshing sense of coolness even in the hottest summer weather, which, with the absence of an excess of humidity, makes the change from the lower altitudes and the damp heat of the city most grateful to the tuberculous invalid. The "*night sweats*" of phthisis are, owing to these climatic conditions, almost unknown in the heights about Liberty, and a light flannel blanket is required at night throughout the summer.

On the Sanatorium grounds are measured paths of known incline where patients are first permitted exercise under prescription. As soon as their condition permits of further expenditure of energy, there is offered them a wealth of diversion in the form of driving, walking, fishing and shooting. A short golf course and croquet grounds are at the disposal of those who prefer these amusements.



"The Cure" Infirmary and Cottage.



Cottage Verandas



Sun Gallery, Edson-Aldrich Library.

Ample opportunity for "tent life," under medical supervision, is also offered patients who enjoy camping, and this sort of life is practicable from May to November under the pleasantest conditions.

As has been elsewhere stated, the scenery about Liberty is unsurpassed for beauty and diversity, and this feature is a never-ending source of delight to those who enjoy the beautiful in nature.

The Winter Cure

It has come to be generally recognized, among physicians who have studied the question, that consumptive patients make more favorable progress in winter than in summer. The statistics of the Loomis Sanatorium witness this fact. The winters in Liberty are rigorous, but the keen, dry air, perfectly free from all noxious elements, is invigorating and health giving. Patients quickly accustom themselves to the outdoor life in the coldest weather, and, without exception, enjoy it and make their greatest gain in it. The introduction of Swiss and Canadian winter amusements has opened a wide field of the most enjoyable and healthful diversion, and the fact that tuberculous patients can take much more exercise in the cold weather without disturbance of their temperature and pulse equilibrium is no small factor in the success of the winter cure. From the Christmas to the Easter Holidays there is a novel and delightful list of amusements, including sleighing, skating, skiing, coasting, tobogganing and snowshoeing, which, for the most part, patients at the Loomis Sanatorium are permitted, under careful supervision, to indulge in.



The Ridgefield Cottage of the Annex.

Communications

The mails are received and sent out twice daily, except Sundays, when there is but one delivery. In the summer time there are three mails daily, each way, except on Sundays.

There are long distance telephone and Western Union telegraph offices on the premises.

All letters and telegrams should have the words "Loomis Sanatorium" added to the address to insure safe and prompt delivery.

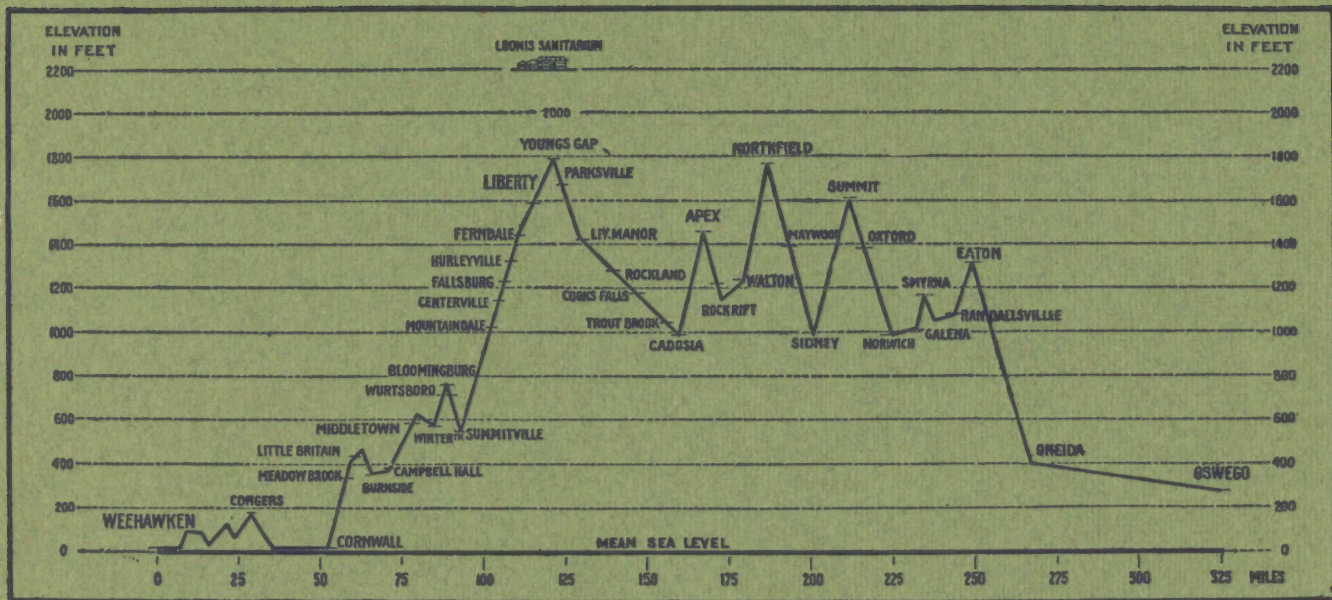
All letters relating to the routine business of the Sanatorium should be addressed to the Superintendent.

All letters of inquiry on professional matters should be addressed to the Physician in Charge, Loomis Sanatorium, Liberty, New York.

Where Liberty is, and How to Reach It.

Liberty is in the southwest foothills of the Catskill Mountains, in Sullivan County, New York, on the main line of the New York, Ontario & Western Railway. Being on a trunk line from New York to Chicago and the West, the railway service is unexcelled for convenience. There is through buffet, parlor and sleeping car service from Chicago, Detroit, Buffalo, Niagara Falls, Oswego, all points on the main line of the Wabash Railroad and New York. It can be reached as follows:

| | | | | |
|--|--------------------------|---|---|---|
| From New York, via N. Y., O. & W..... | in 4 hours (through car) | | | |
| “ Chicago, via Wabash, N. Y. C., and N. Y., O. & W., | in 25½ | “ | “ | “ |
| “ Detroit, “ “ “ “ “ | in 18 | “ | “ | “ |
| “ Niagara Falls, via “ “ “ | in 10 | “ | “ | “ |
| “ Cleveland, via L. S. & M. S., W. S., | in 15 | “ | | |
| “ Buffalo, via West Shore, | in 11 | “ | | |
| “ Boston, via N. Y., N. H. & H., | in 10 | “ | | |
| “ Albany, via D. & H. Co., | in 8½ | “ | | |
| “ Philadelphia, via Pa. R.R., | in 7 | “ | | |
| “ Baltimore, via “ “ | in 9¾ | “ | | |
| “ Washington, via “ “ | in 10¾ | “ | | |
| “ St. Louis, via Wabash, N. Y. C. & H. R., | in 30½ | “ | | |
| “ New Orleans, via New York and | in 48 | “ | | |



PROFILE SHOWING ELEVATION OF TRACKS. WEEHAWKEN TO OSWEGO.

